



Help Me Grow Maine



A Solution to Help Young Children Shine



Help Me Grow is a central access point designed to connect families to information and services about child development and community resources.

In partnership with 211 Maine caregivers and providers can contact Help Me Grow for additional support. Help Me Grow will listen, link families to services, and provide follow-up to both caregivers and referral sources.

How It Works:

Eligibility

We are available at no cost to all Maine children, birth to eight, and their families/caregivers. Parents can also call for assistance during pregnancy.

Centralized Access Point

We assist caregivers and child health providers in connecting children to the grid of existing community and State resources that can help them thrive, through a "warm hand-off" from families to resources.

Resources

We help support a network of connected service providers, that can effectively serve families in Maine who have a variety of needs.

Developmental Screening

We promote working with families to recognize developmental milestones and utilize the Ages & Stages Questionnaires® (ASQ) to assess development. If concerns are identified in the screening process, we work with families to connect to early intervention professionals for further assessment.

Consider Referring A Family When:

- You are unsure what services a family might be eligible for, but know they need support.
- A family needs additional support navigating next steps in accessing resources (CDS, WIC, etc.).
- A screening needs to be completed, or family needs support completing an online ASQ®.



Scan QR Code to the right
to learn more



Non-Discrimination Notice

The Department of Health and Human Services does not discriminate.